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For Immediate Release

Date: December 24, 2003
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Health Department Still Has Flu Shots Available

Effective Monday, December 29, 2003 through Saturday, January 17, 2004, the Lake County Health Department/Community Health Center's Immunization Program will offer flu shots to Lake County residents age six months and older *while supplies last*. There will be no age or income restrictions. While restrictions have been eased, the Health Department continues to urge people in specific high risk groups to get the flu shot, including people 65 years of age and older, persons with chronic medical conditions 2 years of age and older, pregnant women past the first trimester, and children 6-23 months of age.

The following sites will offer flu shots to Lake County residents six months of age and older:

-More-

- The Lake County Health Department's Belvidere Annex, 2303 Dodge Avenue, Waukegan, Monday-Friday from 1-4 p.m.
- Foglia YMCA, 1025 McHenry Road, Lake Zurich on Tuesday, January 6, 2004 from 4-6 p.m.
- Memorial United Methodist Church, 2935 Sheridan Road, Zion on Saturday, January 10, 2004 from 9-11 a.m.
- Condell Medical Center, Allen Conference Center, 801 S. Milwaukee, Libertyville on Tuesday, January 13, 2004 from 4-6 p.m.
- American Legion Hall, 111 East Main Street (Rt. 134), Round Lake Park on Wednesday, January 14, 2004 from 9-11 a.m.

Children up to nine years of age needing a second (booster) shot (at least one month after their first shot) will also be eligible for vaccine *again while supplies last*.

Persons should periodically check with the Health Department Immunization Program's hotline at (847) 377-8470 to verify vaccine availability.

To help prevent the flu, the Health Department encourages people to wash their hands for at least 20 seconds (the time it takes to sing Happy Birthday twice), especially before meals and prior to preparing meals. It also encourages people to enrich their diets with plenty of fruit and vegetables, poultry and fish, to be physically active and get plenty of sleep. Adults and children should drink plenty of fluids, every day. People who are in good health are less susceptible to the flu. Families can also consider using individual

towelettes (with alcohol content) for pockets and purses, when running hot water is unavailable. They can also purchase easy to use bottles of hand sanitizers, like Purell. Employers may also consider providing these to reduce flu transmission in the workplace.

For more information, please contact the Health Department's Immunization Program at:
(847) 377-8470.

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